



What's in your CSA farm share:

White Cauliflower—Store in fridge in the crisper drawer for up to 1-2 weeks.

'Romanesco' Green Cauliflower— Store in fridge in the crisper drawer for up to 1-2 weeks.

Red Kuri Winter Squash—Store at room temperature for up to 2-4 weeks. Skin is edible, too!

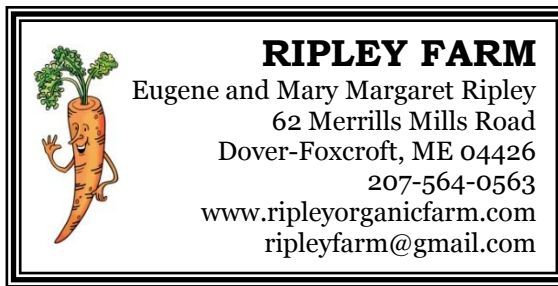
'Yaya' Carrots—Store in fridge in plastic bag for 2-4 weeks.

Red Oakleaf Lettuce—Store in a plastic bag in the fridge for up to 1-2 weeks.

Greens Mix of Russian Kale and Leaf Broccoli—Store in a plastic bag in the fridge for up to 1-2 weeks.



Ripley Farm is a MOFGA Certified Organic farm and we spray NO chemicals. Although we wash all our produce, we still recommend rinsing it to remove any grit before enjoying.



November 7, 2018—Winter pick-up 1 of 10

Dear Members,

Welcome to the 2018-19 Winter CSA! Returning or new, you are in for a treat of delicious fresh flavors and new things to try. I'm Mary Margaret and my husband, Farmer Gene, and our awesome crew will all be providing your fresh veggies this winter. So, sit back, relax, and read the newsletter to find out what's in your farm share, how to use it, and try out the recipe at the bottom every week.

Also please check out our extensive online resources. In the newsletters, I often reference recipes from our "Vegetable Gallery" on our website. If you haven't yet, I encourage you to visit it at ripleyorganicfarm.com/vegetable-gallery. There we house, oh, 250+ of our favorite veggie recipes. So when you are looking for inspiration, do like our seasoned members do, and check there FIRST for simple and delicious ideas.

Wow, did you know it was 5 degrees colder than normal during October?! Our plants certainly felt it in terms of speed of growth, or should I say lack thereof... We waited all October for the cauliflower we planted for the Summer CSA to come in. And it didn't, so we thought we'd lost it... but phew! This week Gene peeled back the leaves and... BOOM there it is! THIS is the first ever cauliflower for the Winter CSA!

You've got two kinds of cauliflower: traditional white and the crazy fractal spiky weird green Romanesco variety. Both are cauliflower and can be used in recipes as such. "They" say the Romanesco has a "nuttier" flavor, but cauliflower is new for us so you can let us know what *you* think! Our go-to is Basic Roasted Cauliflower: cut into florets and roasted with olive oil, salt and pepper at 425 until desired tenderness. Or try the CSA member suggested Mexican Cauliflower Rice! Or try the Cauliflower with Ginger and Cream. Or the recipe below! Options galore!

Red Kuri squash's bright color is so appealing, don't you think? Basic roasting technique is: cut it in half, remove the seeds, lay it face down in a casserole with a ½" of water in the bottom, and roast at 375-400 until tender. Then with the flesh try a pie because the orange skin flecks won't show (yay!) or a puree or creamy soup. Or skip the roasting all together and make Braised Red Kuri or Red Kuri Curry. Sweet stuff!

Yay for greens! Wait, what about all that bulky, wintery stuff?? Don't worry, you'll get your share of all that this winter... ha! In the meantime let's all celebrate fresh greens a little bit longer. Likely the last lettuce is here, so, salads anyone?! And new this week is a greens mix of Russian Kale and brand-new-to-us Leaf Broccoli. Use it as you would kale either chopped raw into a salad, or in Portuguese Kale Soup or my current favorite way, Lemony Kale Salad. Or throw it into fried rice...

Enjoy and see you in two weeks on November 21!

Kale and Roasted Cauliflower Salad

2 medium heads cauliflower, cut into small florets
olive oil, salt and pepper to taste
1 bag kale/leaf broccoli (or 1 bunch), finely chopped
¼ cup minced red onion, or to taste
½ cup feta cheese, crumbled
½ cup raisins
½ cup toasted nuts, chopped (pine nuts, pecans, walnuts, etc.)

Toss cauliflower with olive oil, salt and pepper. Place on baking sheet and roast at 425-450 until tender, about 25-35 mins. Combine with the rest of the ingredients and toss with the following dressing whisked together:

¼ cup lemon juice
3 TBLS olive oil, ½ TSP salt